

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

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B505 – RICE, WHITE, ENRICHED, LONG GRAIN, PARBOILED (CONVERTED), DRY, 25 LB



Nutrition Information

Rice, white, long grain, parboiled, enriched, without salt

| | |
|----------------------------|--|
| CATEGORY | <ul style="list-style-type: none"> Grains/Breads |
| PRODUCT DESCRIPTION | <ul style="list-style-type: none"> Long grain rice enriched with thiamin, riboflavin, niacin, folic acid, and iron. Vitamin D and calcium may be added. May be parboiled or parboiled lightly. |
| PACK/YIELD | <ul style="list-style-type: none"> 25 lb bag. One 25 lb bag AP yields about 62½ cups dry rice OR about 175 cups cooked rice and provides about 700.0 ¼-cup servings cooked rice OR about 350.0 ½-cup servings cooked rice OR about 233.2 ¾-cup servings cooked rice. One lb AP yields about 2½ cups dry rice OR about 7 cups cooked rice and provides about 28.0 ¼-cup servings cooked rice OR about 14.0 ½-cup servings cooked rice OR about 9.33 ¾-cup servings cooked rice. One cup dry rice yields about 2¾ cups cooked rice. CN Crediting: ½ cup cooked rice provides 1 serving grains/breads. |
| STORAGE | <ul style="list-style-type: none"> Store rice off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 - 70%). If ideal storage conditions are not available, store rice under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first. |

| | dry ¼ cup (47 g) | cooked ½ cup (79 g) |
|---------------|------------------------|---------------------------|
| Calories | 175 | 97 |
| Protein | 3.79 g | 2.30 g |
| Carbohydrate | 37.60 g | 20.58 g |
| Dietary Fiber | 1.0 g | 0.7 g |
| Sugars | 0.15 g | 0.09 g |
| Total Fat | 0.49 g | 0.29 g |
| Saturated Fat | 0.14 g | 0.06 g |
| Trans Fat | N/A | N/A |
| Cholesterol | 0 mg | 0 mg |
| Iron | 2.46 mg | 1.43 mg |
| Calcium | 26 mg | 15 mg |
| Sodium | 1 mg | 2 mg |
| Magnesium | 13 mg | 7 mg |
| Potassium | 87 mg | 44 mg |
| Vitamin A | 0 IU | 0 IU |
| Vitamin A | 0 RAE | 0 RAE |
| Vitamin C | 0 mg | 0 mg |
| Vitamin E | 0.01 mg | 0.01 mg |

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| PREPARATION/ COOKING INSTRUCTIONS | <ul style="list-style-type: none"> To retain vitamins, do not rinse rice before or drain after cooking. Measure rice and liquid accurately, cover tightly, and time cooking period carefully. Cover refrigerated rice. To reheat, add ½ cup liquid per quart of cooked rice. For 100 ½-cup servings (4 steamtable pans yields about 3 gal 2 cups): 7 lb 4 oz white long grain parboiled rice, 1 gal 2 qt water, 1 Tbsp 1 tsp salt (optional). Boil water and add salt (optional). Place 1 lb 13 oz parboiled rice per 12" x 20" x 2½" steamtable pan and pour 1 qt 2 cups boiling water per steamtable pan. Cover pans tightly. Bake in conventional oven at 350 °F for 30 minutes; convection oven at 325 °F for 30 minutes; steamer at 5 lb pressure for 25 minutes. Remove from oven or steamer and serve. |
| USES AND TIPS | <ul style="list-style-type: none"> Serve white rice cooked or use in soups, salads, main dishes, or desserts. Long grain rice generally cooks up light and fluffy. The term parboiled rice means that the rice grains, with the hull and bran layers still on, have gone through a steaming process. Parboiling modifies the starch in the rice and causes the grain to retain natural nutrients. Parboiled rice requires slightly more cooking time than regular milled white rice and can be held for a long period before serving. |
| FOOD SAFETY INFORMATION | <ul style="list-style-type: none"> Visually inspect for presence of foreign substances, insects, or molds before use. Rice is a potentially hazardous food. Hold hot rice at 135 °F or above. Cool to 70 °F within 2 hours and from 70 °F to 40 °F within an additional 4 hours. Hold cold rice at 41 °F or below. |
| BEST IF USED BY GUIDANCE | <ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf. |